



TRUE OR FALSE?

DATE: _____

CIRCLE TRUE OR FALSE



1. RESILIENCE MEANS ALWAYS FEELING HAPPY AND CONFIDENT. TRUE/FALSE
2. SETTING ACHIEVABLE GOALS IS AN IMPORTANT PART OF BUILDING RESILIENCE. TRUE/FALSE
3. PERSEVERANCE MEANS GIVING UP WHEN THINGS GET TOUGH. TRUE/FALSE
4. HAVING A GROWTH MINDSET MEANS BELIEVING THAT YOUR ABILITIES CAN IMPROVE WITH EFFORT AND PRACTICE. TRUE/FALSE
5. MAKING CHOICES INVOLVES CONSIDERING THE CONSEQUENCES OF YOUR ACTIONS. TRUE/FALSE
6. OVERCOMING ADVERSITY MEANS NEVER EXPERIENCING CHALLENGES OR SETBACKS. TRUE/FALSE
7. MENTAL WELL-BEING INCLUDES TAKING CARE OF YOUR EMOTIONAL AND PSYCHOLOGICAL HEALTH. TRUE/FALSE
8. RESILIENCE IS ABOUT BOUNCING BACK QUICKLY WITHOUT LEARNING FROM SETBACKS. TRUE/FALSE
9. SETTING GOALS HELPS YOU STAY FOCUSED AND MOTIVATED. TRUE/FALSE
10. DEVELOPING A POSITIVE MINDSET INVOLVES CHALLENGING NEGATIVE THOUGHTS AND BELIEFS. (TRUE)TRUE/FALSE

DATE: _____

What did I learn about Scott from his story?

SCOTT HARRIS

BACKGROUND:

KEY EVENTS:

WHAT HAPPENED NEXT:

THE FOUR RESILIENCE FACTORS ARE:

MY RESPONSE:

AFTER HEARING SCOTT TALK I (FEEL, THINK, WANT TO KNOW...)

SCOTT'S STORY

DATE: _____

SCOTT'S STORY - WHEN DID SCOTT SHOW THESE RESILIENCE FACTORS?

MAKING CHOICES

PERSERVERANCE

GOAL SETTING

MINDSET

DATE: _____

it's time to think about your learning so far!

MY REFLECTIONS

WHICH PART OF SCOTT'S STORY INSPIRED YOU THE MOST? WHY?

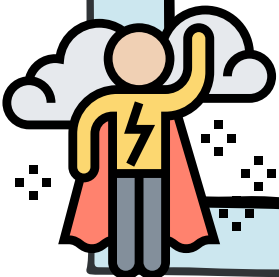
HOW CAN YOU APPLY ONE OF THE RESILIENCE FACTORS IN YOUR OWN LIFE?

The four resilience factors Scott talks about are:

Making Choices
Setting Goals
Perseverance
and
Mindset

setting goals is important so we can keep learning

DESCRIBE A GOAL THAT SCOTT'S STORY HAS INSPIRED YOU TO SET FOR YOURSELF.

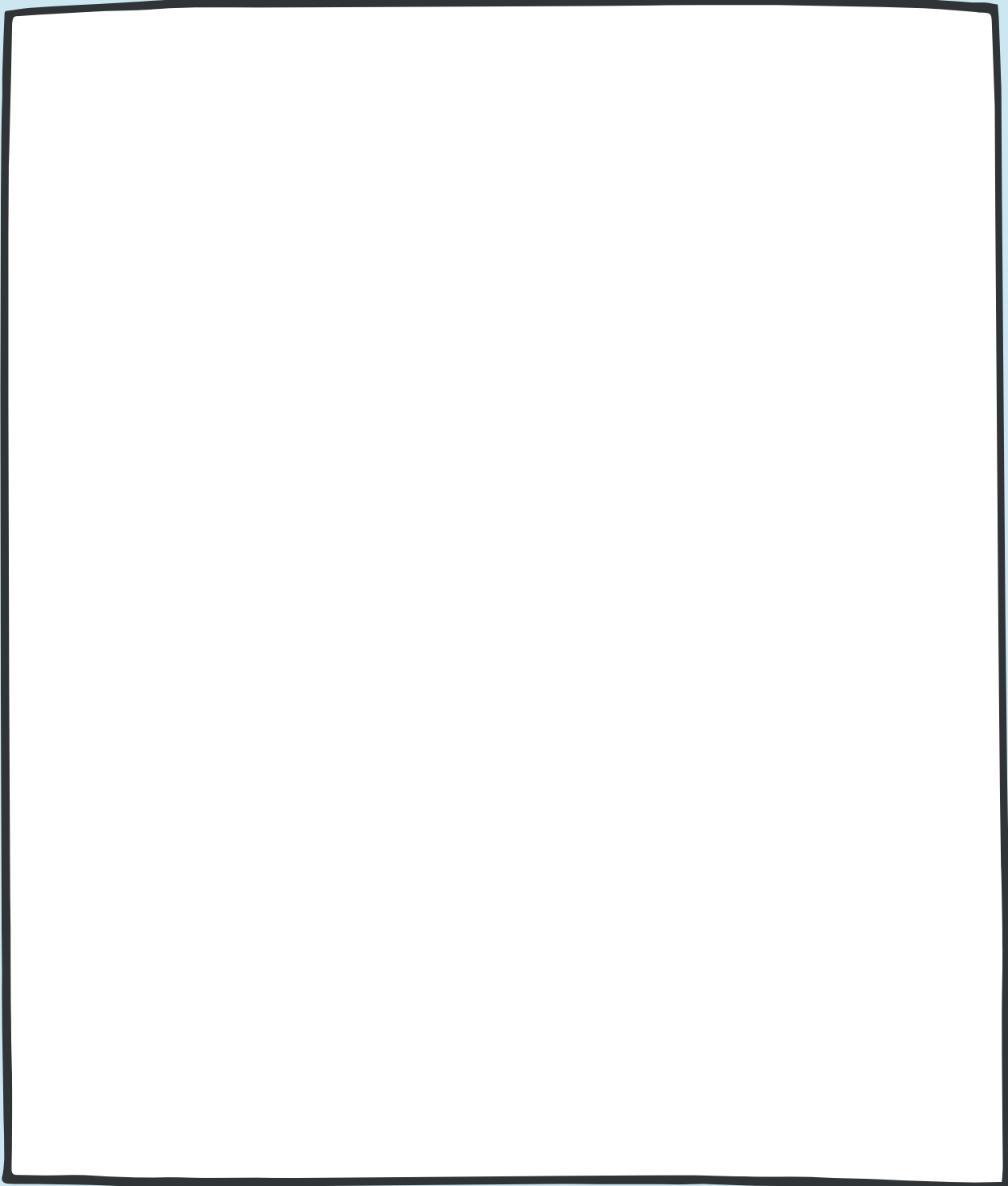


SMART GOALS

DATE: _____

MY DREAM GOALS

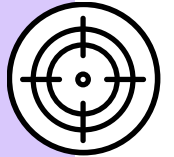
USE THE SPACE BELOW TO WRITE OR DRAW SOME THINGS YOU WOULD LIKE TO ACHIEVE NOW OR IN THE FUTURE

A large, empty rectangular box with a black border, intended for the user to write or draw their dream goals. The box is centered on the page and occupies most of the lower half of the worksheet.

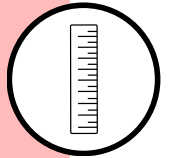
SMART GOALS

Write goals that are SMART

SPECIFIC



MEASUREABLE



ATTAINABLE



RELEVANT



TIME



MY GOALS

.....
School:

.....

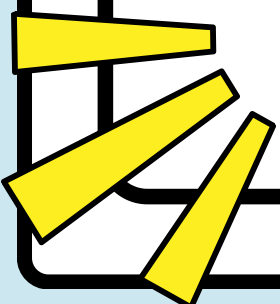
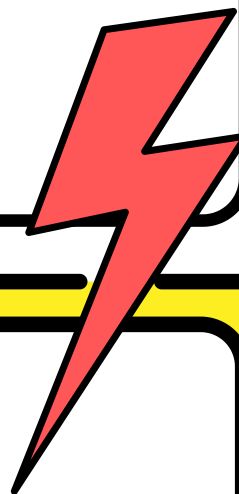
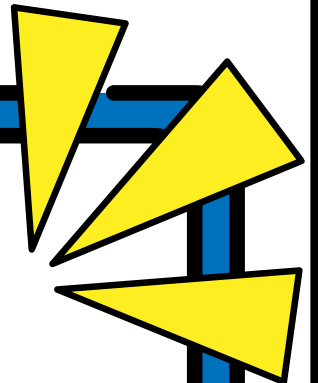
Social:

.....
Character:

.....

.....
Hobbies:

.....



BREAKDOWN YOUR GOALS!

WHAT IS MY GOAL?

S

Specific



M

Measurable



A

Achievable



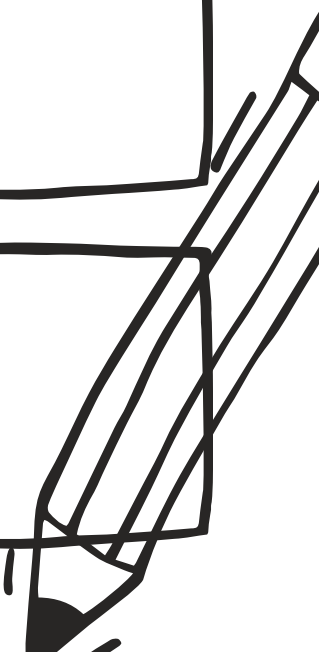
R

Relevant



T

Time



HAPPINESS

DATE: _____

WHAT MAKES ME HAPPY

WRITE OR DRAW THINGS THAT MAKE YOU HAPPY

A large white rectangular area with a black border, intended for writing or drawing. It contains several horizontal lines for writing, starting from the bottom and moving upwards. At the bottom left corner of this area, there is a yellow smiley face emoji with red cheeks and a black smile.



WHAT WOULD YOU DO?

Scenario 1: Homework vs. Play

You have a big science project due in a week that you haven't started yet. Your friends invite you to play at the park after school. Do you start working on your project, or do you go play with your friends?

Scenario 2: Joining a New Club

Your school has started several new clubs, including a coding club, a gardening club, and a book club. You are interested in all three but only have time to join one. How do you decide which club to join?

Scenario 3: Responding to a Bully

Scenario: "A student in your class has been making fun of you for your lunch choices. Do you ignore them, confront them, tell a teacher, or try to make them laugh? What do you think is the best approach?"

Scenario 4: Group Project Decisions

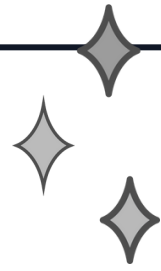
Scenario: "Your group is assigned a project on Australian history. There's a disagreement about which topic to choose: The Gold Rush, The First Fleet, or Indigenous History before colonisation. How do you work together to make a decision?"

Scenario 5: Cheating on a Test

Scenario: "You notice a classmate looking at their notes during a test. What do you do? Do you tell the teacher, confront your classmate, ignore it, or do something else?"

TWO MINDSETS, TWO DIFFERENT OUTCOMES

CARLOS S. DWREK, PH.D



FIXED MINDSET INTELLIGENCE IS STATIC

LEADS TO A DESIRE TO LOOK SMART
AND THEREFORE A TENDENCY TO...

CHALLENGES

AVOID CHALLENGES

OBSTACLES

GIVE UP EASILY

EFFORT

SEE EFFORT AS FRUITLESS OR
WORSE

CRITICISM

IGNORE USEFUL NEGATIVE FEEDBACK

SUCCESS OF OTHERS

FEEL THREATENED BY THE SUCCESS
OF OTHERS



GROWTH MINDS INTELLIGENCE CAN BE DEVELOPED

LEADS TO A DESIRE TO LEARN AND
THEREFORE A TENDENCY TO...

CHALLENGES

EMBRACE CHALLENGES

OBSTACLES

PERSIST IN THE FACE OF SETBACKS

EFFORT

SEE EFFORT AS THE PATH TO
MASTERY

CRITICISM

LEARN FROM CRITICISM

SUCCESS OF OTHERS

FIND LESSONS AND INSPIRATION IN
THE SUCCESS OF OTHERS

OUTCOMES

AS A RESULT, THEY MAY PLATEAU EARLY &
ACHIEVE LESS THAN THEIR FULL POTENTIAL. ALL
THIS CONFIRMS
A DETERMINISTIC VIEW OF THE WORLD.

AS A RESULT, THEY REACH EVER-HIGHER LEVELS
OF ACHIEVEMENT. ALL THIS GIVES THEM A
GREATER SENSE OF FREE WILL.

Growth mindset

The driver behind a learner's motivation and achievement

Sort the phrases into relevant mindsets, creating a list of attitudes representing both ends of the spectrum.

FIXED MINDSET

GROWTH MINDSET



I don't need to practice.

I will keep trying.

I can't change how smart I was born.

I learn from others.

Mistakes are bad so I avoid them.

I can work hard to get better.

I'll never be good at this.

I can train my brain.

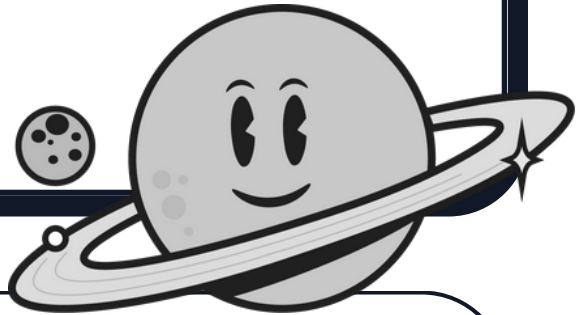
I want to learn.

Mistakes are learning opportunities.

I ignore useful feedback.

I avoid things that require effort.

GROWTH MINDSET ACTION PLAN



1

DESCRIBE WHAT HAPPENED.

2

WHAT WAS YOUR STRATEGY?

3

WHY DID YOU CHOOSE THAT
PARTICULAR STRATEGY?

4

WHAT HAPPENED WHEN IT DID NOT
WORK OUT?

5

DESCRIBE WHAT'S BEEN GOING
THROUGH YOUR HEAD SINCE THEN.

6

WHAT HAVE YOU LEARNED THAT WILL
HELP YOU DO BETTER NEXT TIME?

7

WHAT NEW STRATEGIES CAN YOU TRY
OR WHO CAN YOU ASK FOR HELP?

8

WHAT IS YOUR NEW PLAN?

9

HOW WILL YOU DEAL WITH THOUGHTS
THAT COULD KEEP YOU FROM TRYING?

GRATITUDE JAR

BRAINSTORM THINGS IN YOUR LIFE THAT YOU ARE GRATEFUL FOR:



PODCAST PREPARATION

DATE: _____

USE THE SPACE BELOW TO WRITE QUOTES, STORIES OR
SNIPPETS TO SHARE

THOUGHTS ON PERSEVERANCE

THOUGHTS ON MAKING CHOICES

PODCAST PREPARATION

DATE: _____

USE THE SPACE BELOW TO WRITE QUOTES, STORIES OR
SNIPPETS TO SHARE

THOUGHTS ON GOAL SETTING

THOUGHTS ON MINDSET

PODCAST PLANNING

DATE: _____

OUR GROUP MEMBERS:

OUR PODCAST NAME:

OUR THEME:

INTRODUCTION:

WHO:

PODCAST PLANNING

DATE: _____

REMEMBER TO ADD DESCRIPTIONS AND MAKE IT INTERESTING FOR
PEOPLE LISTENING

KEY POINT 1:

WHO:

TRANSITION:

KEY POINT 2:

WHO:

TRANSITION:

PODCAST PLANNING

DATE: _____

KEY POINT 3:

WHO:

TRANSITION:

KEY POINT 4:

WHO:

TRANSITION:

PODCAST PLANNING

DATE: _____

KEY POINT 5:

WHO:

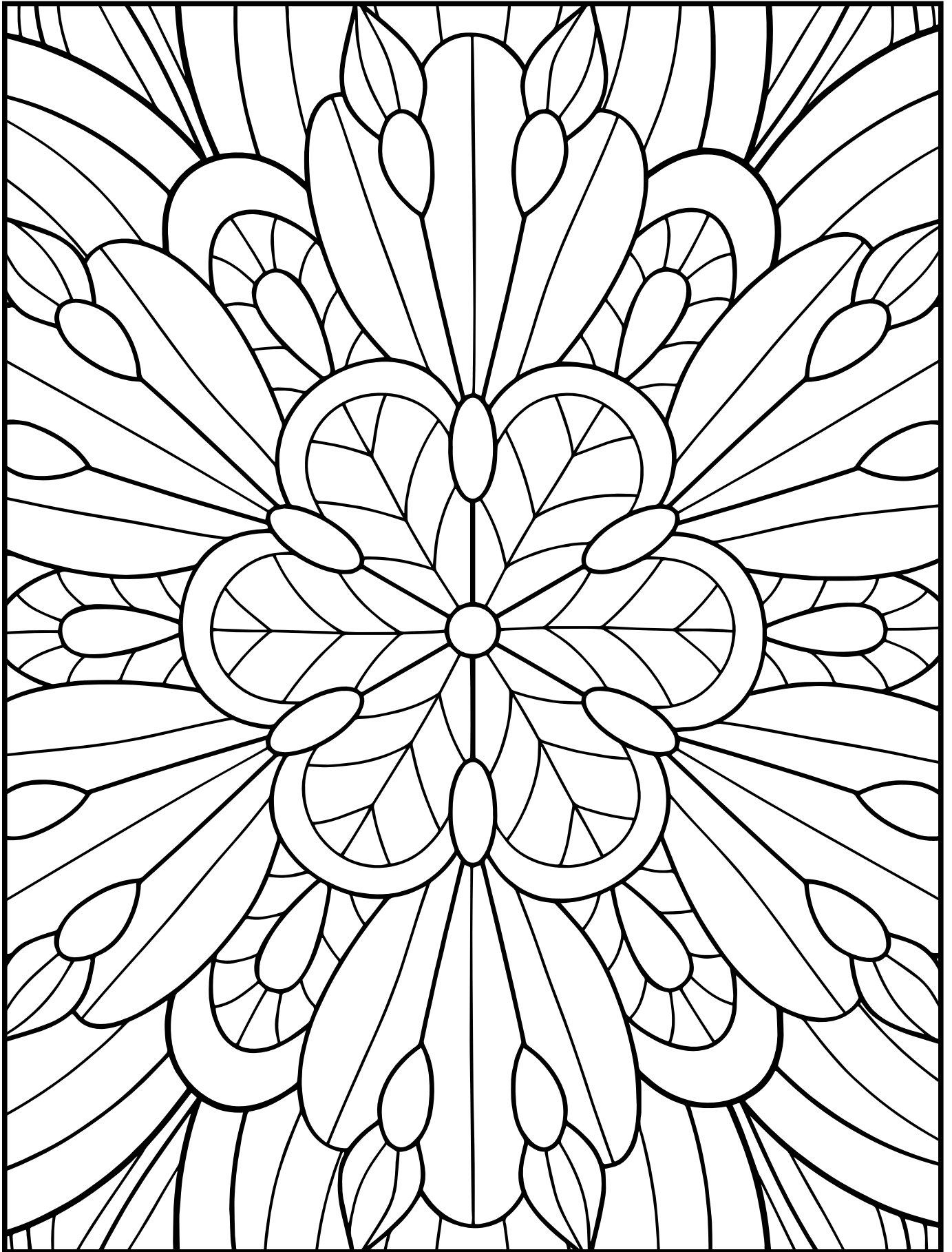
TRANSITION:

CONCLUSION - WHAT DID WE SAY?

WHO:

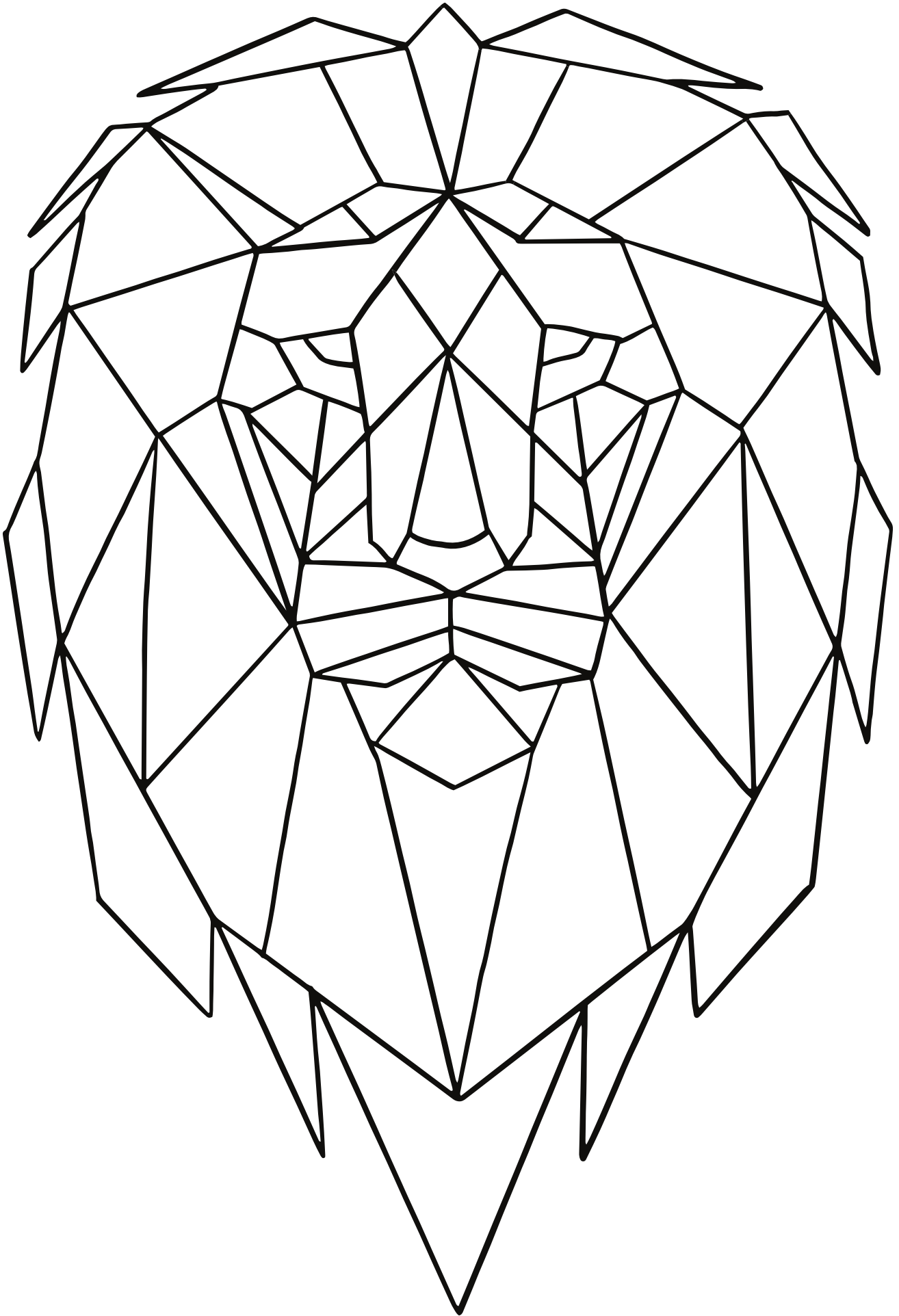
MINDFUL COLOURING

DATE: _____



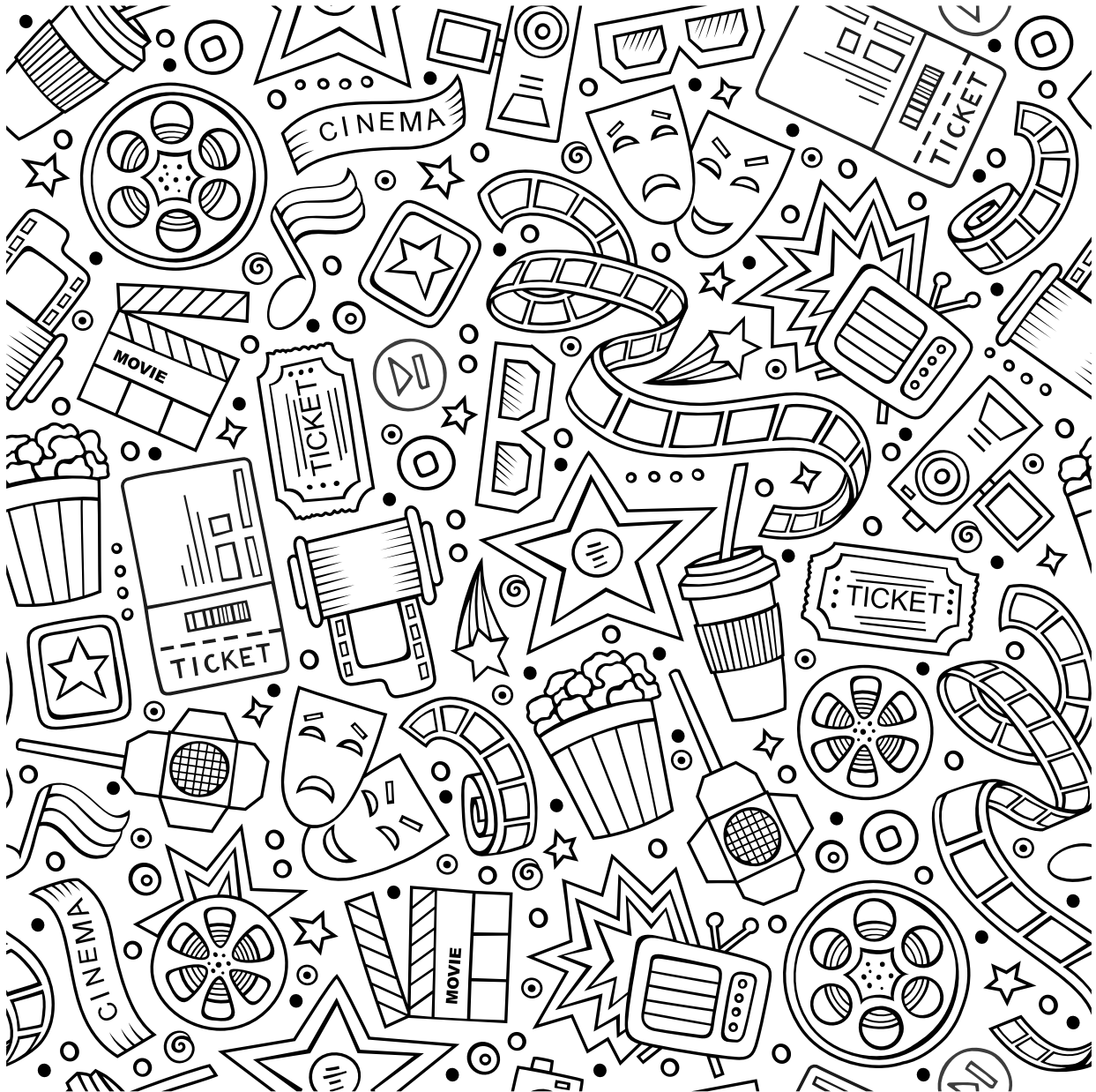
MINDFUL COLOURING

DATE: _____



I SPY COLORING

NAME, WRITE DOWN AND COLOR TEN THINGS YOU CAN SPY IN THE PICTURE.



DATE: _____

WHAT MAKES A GREAT PODCAST?

COMPELLING CONTENT:

INTRIGUING STORYTELLING THAT KEEPS LISTENERS
HOOKED FROM START TO FINISH.
VARIED TOPICS CATERING TO DIFFERENT INTERESTS,
FROM SCIENCE TO STORYTELLING, COMEDY TO CURRENT
AFFAIRS.

ENGAGING HOSTS:

CHARISMATIC AND KNOWLEDGEABLE HOSTS WHO
CONNECT WITH THEIR AUDIENCE.
NATURAL CONVERSATIONAL STYLE THAT MAKES
LISTENERS FEEL LIKE PART OF THE DISCUSSION.

QUALITY PRODUCTION:

CLEAR AUDIO WITH MINIMAL BACKGROUND NOISE FOR
AN IMMERSIVE LISTENING EXPERIENCE.
SMOOTH EDITING TO MAINTAIN PACE AND COHERENCE.

TIPS FOR ASPIRING PODCASTERS:

FIND YOUR PASSION AND CHOOSE A TOPIC THAT EXCITES
YOU.

RESEARCH YOUR AUDIENCE AND TAILOR CONTENT TO
THEIR INTERESTS.

PRACTICE ACTIVE LISTENING AND INCORPORATE
FEEDBACK TO IMPROVE.

COLLABORATE WITH OTHERS AND EXPLORE GUEST
INTERVIEWS FOR FRESH PERSPECTIVES.

START YOUR PODCASTING JOURNEY TODAY! GRAB A MIC,
GATHER YOUR IDEAS, AND LET YOUR VOICE BE HEARD!

STRESS BUSTING STRATEGIES

THE NEXT TWO PAGES HAVE SOME GREAT WAYS TO MANAGE STRESS AND WORRY. WHICH ONES ARE YOU GOING TO TRY?

1. TIME MANAGEMENT AND PLANNING

- WHY IT WORKS: IT REDUCES THE FEELING OF BEING OVERWHELMED BY BREAKING TASKS INTO MANAGEABLE PARTS AND SETTING ACHIEVABLE DEADLINES, THUS PROVIDING A SENSE OF CONTROL OVER ONE'S SCHEDULE AND RESPONSIBILITIES.

2. RELAXATION TECHNIQUES (E.G., DEEP BREATHING, MEDITATION)

- WHY IT WORKS: THESE TECHNIQUES ACTIVATE THE BODY'S RELAXATION RESPONSE, A PHYSIOLOGICAL STATE OPPOSITE TO STRESS, HELPING TO REDUCE CORTISOL LEVELS, SLOW HEART RATE, LOWER BLOOD PRESSURE, AND RELAX MUSCLES, LEADING TO A REDUCTION IN OVERALL STRESS.

3. EXERCISE AND PHYSICAL ACTIVITY

- WHY IT WORKS: PHYSICAL ACTIVITY RELEASES ENDORPHINS, NATURAL MOOD LIFTERS, AND CAN ACT AS A MEDITATION IN MOTION, HELPING TO CLEAR THE MIND AND RELIEVE TENSION. REGULAR EXERCISE ALSO IMPROVES PHYSICAL HEALTH, WHICH CAN BUFFER AGAINST THE EFFECTS OF STRESS.

4. POSITIVE SELF-TALK

- WHY IT WORKS: CHANGING NEGATIVE THOUGHT PATTERNS INTO POSITIVE ONES HELPS SHIFT THE PERSPECTIVE TOWARDS A MORE OPTIMISTIC OUTLOOK, REDUCING STRESS AND ENHANCING PROBLEM-SOLVING ABILITIES. IT FOSTERS A SUPPORTIVE INNER DIALOGUE THAT CAN BOOST CONFIDENCE AND RESILIENCE.

5. SEEKING SUPPORT (TALKING TO SOMEONE)

- WHY IT WORKS: SHARING FEELINGS AND CONCERNS WITH OTHERS CAN PROVIDE EMOTIONAL RELIEF, OFFER NEW PERSPECTIVES, AND MAKE ONE'S BURDENS FEEL LIGHTER. IT ALSO STRENGTHENS SOCIAL CONNECTIONS, WHICH ARE VITAL FOR EMOTIONAL RESILIENCE.

6. JOURNALING

- WHY IT WORKS: WRITING ABOUT THOUGHTS AND FEELINGS HELPS PROCESS THEM, OFFERING CLARITY AND CATHARSIS. IT CAN ALSO HELP TRACK TRIGGERS AND PATTERNS IN STRESSORS, AIDING IN DEVELOPING STRATEGIES TO DEAL WITH THEM.

STRESS BUSTING STRATEGIES

7. MINDFULNESS AND PRESENT MOMENT AWARENESS

- WHY IT WORKS: MINDFULNESS HELPS ONE TO STAY GROUNDED IN THE PRESENT MOMENT, REDUCING RUMINATION AND WORRY ABOUT THE PAST OR FUTURE. THIS CAN DECREASE STRESS LEVELS AND IMPROVE EMOTIONAL REGULATION.

8. HEALTHY EATING

- WHY IT WORKS: NUTRITION PLAYS A SIGNIFICANT ROLE IN MOOD REGULATION AND STRESS LEVELS. A BALANCED DIET PROVIDES THE ENERGY AND NUTRIENTS NEEDED TO COPE WITH STRESS, WHILE SOME FOODS CAN HAVE A DIRECT CALMING EFFECT.

9. SLEEP HYGIENE

- WHY IT WORKS: QUALITY SLEEP IS CRUCIAL FOR STRESS MANAGEMENT. IT ALLOWS THE BRAIN AND BODY TO RECOVER FROM DAILY STRESSES, IMPROVES CONCENTRATION AND MOOD, AND STRENGTHENS THE IMMUNE SYSTEM.

10. SETTING BOUNDARIES

- WHY IT WORKS: ESTABLISHING LIMITS ON WHAT ONE WILL ACCEPT FROM OTHERS OR WHAT ONE EXPECTS FROM ONESELF CAN PREVENT OVEREXTENSION AND REDUCE STRESS. IT HELPS MAINTAIN A HEALTHY BALANCE BETWEEN PERSONAL LIFE AND RESPONSIBILITIES.

11. HOBBIES AND CREATIVE ACTIVITIES

- WHY IT WORKS: ENGAGING IN ACTIVITIES PURELY FOR ENJOYMENT CAN ACT AS A DISTRACTION FROM STRESSORS, PROVIDE A SENSE OF ACCOMPLISHMENT, AND STIMULATE CREATIVITY, WHICH CAN BE THERAPEUTIC AND STRESS-RELIEVING.

12. GRATITUDE PRACTICE

- WHY IT WORKS: FOCUSING ON AND APPRECIATING WHAT ONE HAS, RATHER THAN WHAT'S LACKING, SHIFTS THE FOCUS FROM STRESSORS TO POSITIVE ASPECTS OF LIFE, ENHANCING HAPPINESS AND RESILIENCE.

13. LEARNING AND GROWTH MINDSET

- WHY IT WORKS: VIEWING CHALLENGES AS OPPORTUNITIES TO LEARN AND GROW RATHER THAN INSURMOUNTABLE OBSTACLES REDUCES ANXIETY AND FOSTERS RESILIENCE, AS IT ENCOURAGES PERSISTENCE AND PROBLEM-SOLVING.

DATE: _____

STRESSORS AND STRATEGIES

MATCH THE STRESSORS ON THE LEFT WITH A STRATEGY YOU COULD USE ON THE RIGHT. SOME STRATEGIES MAY MATCH WITH MORE THAN ONE

HOMework AND
PROJECT DEADLINES

FAMILY
EXPECTATIONS

BULLYING OR SOCIAL
ISOLATION

WORRY ABOUT
THE FUTURE

PEER PRESSURE

PERSONAL
IDENTITY

SOCIAL
PRESSURES

TIME
MANAGEMENT

TEST ANXIETY

FINANCIAL
STRESS

JOIN A STUDY
GROUP

COMMUNICATION
SKILLS

BEING MORE
ASSERTIVE

PHYSICAL
ACTIVITY

ADULT HELP

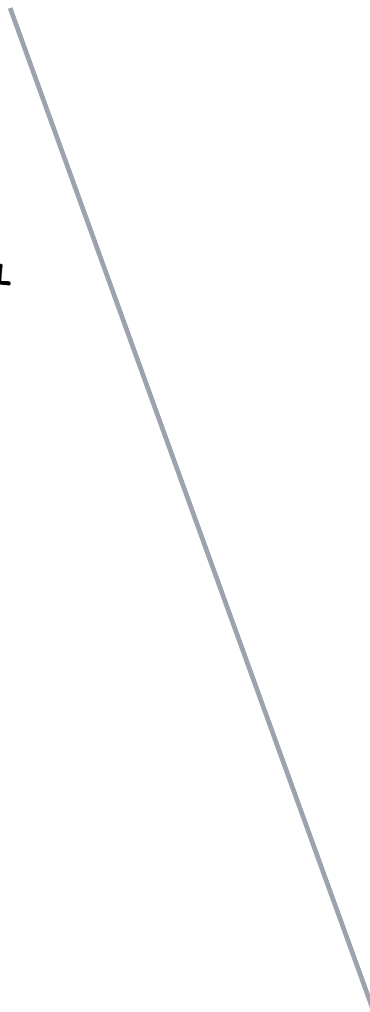
POSITIVE
SELF-TALK

HOBBIES AND
INTERESTS

TIME
MANAGEMENT
AND PLANNING

FRIENDS/FAMILY/
ADULT SUPPORT

MINDFULNESS
AND MEDITATION



RESILIENCE REFLECTION



RESILIENCE MEANS:

DESCRIBE A TIME WHEN YOU USED RESILIENCE:

WHY IS IT IMPORTANT TO HAVE RESILIENCE SKILLS?

RESILIENCE REFLECTION



RESILIENCE MEANS:

DESCRIBE A TIME WHEN YOU USED RESILIENCE:

WHY IS IT IMPORTANT TO HAVE RESILIENCE SKILLS?
